

24th June 2022

Dear Parent/Carer

At our school we are implementing a thrive approach.

What is the Thrive approach?

Thrive is a therapeutic approach to help support children with their emotional and social development.

The Thrive approach offers practical strategies and techniques and is built around online assessments which identify children’s emotional development and provides action plans for their individual needs.

Research has shown that how we behave is linked to how we feel and our emotions are linked to how we learn. By teaching children to recognise and notice these feelings and emotions it can help with their development and learning.

Children sometimes need some extra support with their emotional growth and this can be temporary or over a longer period of time.

Thrive promotes their emotional and social growth by building positive relationships between a child and their peers and helps them explore and understand their feelings through various activities.

Why might my child attend a Thrive session?

Many children experience difficulties during their time at school. These may include:

* Difficulties with friendships.
* Difficult in unstructured sessions such as playtimes.
* Finding it hard to settle in the classroom.
* Finding it difficult to manage their strong feelings.
* Not knowing who to turn to when feelings are too big to manage on their own.

These situations can lead to many different feelings which may seem overwhelming at times. They might include: anger, frustration, sadness, loneliness, confusion or anxiety.

All these feelings are very normal and happen to a lot of children. The Thrive sessions are to help children learn to manage their feelings and teach them strategies that will help promote their learning at school.

What will happen in a Thrive session?

The session may be on an individual basis or as part of a small group of children. During each session there will be an activity which may include:

* Story telling
* Circle games
* Arts and crafts
* Sand play
* Movement and relaxation
* Hand and foot massage
* Cooking and preparing food
* Role play and puppet work
* Games

We aim to:

* Provide alternative support for children who are experiencing emotional, social or behavioural difficulties.
* Provide a safe and calm environment for children to develop their skills.
* Enable children to take pride in their achievements and enhance self-esteem.
* Help children to manage their feelings and develop skills to enjoy and participate in school life.
* Use positive approaches to manage all behaviours.

As part of the Thrive approach, we will be using Thrive-Online® to help us identify what aspects of the social and emotional curriculum we need to focus on for each class/group of pupils. We use this to adapt how and what we teach to best meet the needs that are indicated.

We also use Thrive-Online to assess and develop action plans for individual children. This ensures the staff working with them understand their individual needs and are able to meet these most effectively. We would like to assess and develop an individual action plan for your child to support them better and, before doing so, would like to tell you how we do this:

* A Thrive assessment is carried out. This involves school staff assessing the positive display of important social and emotional skills from an individual child or small group of children and then determining the frequency and confidence of the skills being exhibited. The assessment is based on the normal daily observation of school staff. It does not involve the child directly responding to questions or having to experience being assessed.
* Minimal personal data will be gathered relating to your child in order to carry out the Thrive assessment and action plan. This may include contact details, date of birth and information relating to your child’s learning and behaviour at school.
* Your child’s information will be reviewed by Thrive trained staff in school and an automated process will assist with the development of an action plan specifically tailored to the needs of your child. The actual plan will be created by individuals from within the school.

* Where there are other professionals and services involved, or required, for the best support of the child and/or family, it may be of benefit to share the Thrive action plan and profile. We will always inform you and gain your consent prior to information being shared. Typically, this could include speech and language therapy, CAMHs provision, social care, educational psychology or other provision from the appropriate local authority, although this is not an exhaustive list.

Information gathered in the Thrive assessment will be stored in secure computer systems and anonymous statistical information will be created. The data will be deleted in accordance with the school's data retention policy.

The school will only use any personal data collected for the purposes detailed above, the education of your child in accordance with the law and in accordance with its privacy policy. The online tool is provided by Thrive who will process data on behalf of the school. If you agree in the future, personal data may also be shared by the school with other organisations who may provide support to your child.

As parents, you have the right to choose whether your child accesses the Thrive interventions and/or the thrive online tool. If you would like to **opt out** of this for your child you need to email the office at [admin@springmeadow.cambs.sch.uk](mailto:admin@springmeadow.cambs.sch.uk) by Wednesday 29th June 2022.

Kind Regards



Laura Fielding

Headteacher